

physio**mechanics**

PATIENT NEWSLETTER



We have reached the end of another busy and exciting year at Physio Mechanics. We would like to take this opportunity to thank you for your continued support throughout the year. Please have a safe and happy Christmas and New Year, and a wonderful time with your family and friends. Merry Christmas to you all from the staff at Physio Mechanics



We will be available for appointments over the holiday season. Our CHRISTMAS HOURS are as follows:

Monday 21 – Wed 23 December - 7am – 7pm
Thursday 24 Dec – 8am – 3pm
Fri 25 December – Monday 28 December - CLOSED

Tues 29 – Thurs 31 8am – 3 pm
Fri 1 – Mon 4 – CLOSED
Tues 5th - normal hours resume

TWO NEW PHYSIOTHERAPISTS JOINING THE TEAM AT PHYSIO MECHANICS



In January 2016, Hannah Beazely and Rochelle Nye will be joining the team at PHYSIO MECHANICS. Both Rochelle and Hannah completed their 4 year Physiotherapy degree in 2015 and have a keen interest in musculoskeletal physiotherapy. Rochelle and Hannah are both passionate about starting their physiotherapy degrees, to “deliver excellence in total body rehabilitation” and work with patients to achieve their goals and full health potential, alongside the rest of the team at Physio Mechanics. **There are now 8 physiotherapists available to aid in your rehabilitation process at Physio Mechanics: Abby Greenwood, Amelia Bull, Leah Young, Helen Dart, Fabian Law and Liz Cooper**



PHYSIO MECHANICS KARAKA

After a long wait, our Karaka clinic is now due for opening to trade in **February/March 2016**. **PHYSIO MECHANICS Karaka** will be working alongside a doctors surgery, pharmacy, gym and sport specialist Dr Ben Speedy. We are looking forward to this multidisciplinary approach and providing the best Physiotherapy Service in the area. We will be providing all of our current services that have been available at our Takanini clinic including custom made orthotics scanning, assessment and prescription, acupuncture, manual therapy, massage therapy and pilates.



OWNER AND SENIOR PHYSIOTHERAPIST ABBY GREENWOOD

Abby is due to have her second baby in February 2016. Abby will be on maternity leave during the first half of the year but will be returning to the Karaka Clinic in July 2016. Congratulations to Abby and all the best for your new arrival!!

TAKANINI • KARAKA

88 Great South Road, Takanini
Ph: 09 299 7677 Fax: 09 299 7688

71 Hingaia Road, Karaka
New clinic opening July 2015

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PATIENT NEWSLETTER

PATIENT PROFILE: Dave Williams



PHYSIO MECHANICS is proud to sponsor Dave Williams who founded the sea2summit7 adventure. This has involved Dave being the first person to climb the highest mountain in each of the seven continents from the nearest feasible coastline. He recently lost two good friends to depression so aimed to raise \$100 000 and awareness for the Male Mental Health Foundation. His mission began with successfully climbing Mt Kilimanjaro in 2013. Since then he has also completed Mt Kosciusko and Mt Elbrus. Next on his list is Mt Aconcagua, Mt Denali, Mt Vinson Massif and Mt Everest. To say that this is an extremely hard goal Dave has set himself, is an understatement. It is often that Dave has to run 9 marathons in 9 days, before even climbing the highest mountain. As

you can imagine this is a huge stress on Dave's body and it definitely takes its toll.

Dave says, "it had become normality to be stiff and in pain that I just thought that was how I should feel. It wasn't until I started preventative physiotherapy treatments with **PHYSIO MECHANICS** that I realised the damage I had been doing to my body. I learnt the importance of recovery training and was given strength and conditioning exercises to activate my gluteal muscles properly which resulted in a long term knee issue completely disappearing. They also kitted me out with custom made orthotics to correct my alignment from the feet up. **Physio Mechanics did not just treat my injuries, but they invested themselves personally into my training and overall training.**

Please visit Dave's website sea2summit.com and support his cause, as we are!



BASIC INJURY PRINCIPLES FOR THE HOLIDAY SEASON R.I.C.E - What is R.I.C.E. and why do you need it?

One of the most recommended icing techniques for reducing inflammation and treating minor injuries is R.I.C.E., an acronym for rest, ice, compression and elevation. It is best used for pulled muscles, sprained ligaments, soft tissue injury, and joint aches. Applying R.I.C.E. treatments will decrease pain, inflammation, muscle spasms, swelling and tissue damage. It achieves this by reducing blood flow from local vessels near the injury and decreasing fluid hemorrhaging as a result of cell damage. To administer R.I.C.E. use the following guidelines:

- **Rest:** Stop using the injured body part immediately. If you feel pain when you move, this is your body sending a signal to decrease mobility of the injured area.
- **Ice:** Apply an ice pack to the injured area, using a towel or cover to protect your skin from frostbite. The more conforming the ice pack the better, in order for the injury to receive maximum exposure to the treatment.
- **Compression:** Use a pressure bandage or wrap over the ice pack to help reduce swelling. Never tighten the bandage or wrap to the point of cutting off blood flow. You should not feel pain or a tingling sensation while using compression.
- **Elevation:** Raise or prop up the injured area so that it rests above the level of your heart.



Then make an appointment at **PHYSIO MECHANICS** with one of our skilled clinicians to expertly assess and diagnose your injury. Early intervention often leads to quicker recovery and better overall outcomes.

DELIVERING EXCELLENCE IN TOTAL BODY REHABILITATION

JANUARY SPECIAL

Bring in this voucher, and get a half price massage when a second full price massage is purchased in the month of January

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